

Lesson Title

Becoming Ourselves

Lesson Intentions

- Help pupils understand how our personalities are constructed from our own personal experiences
- Create an understanding that no two personalities can ever be exactly the same due to the unique set of experiences that we all have
- Teach pupils to be fascinated and intrigued by different personality types rather than to see them as different
- Show how mental health problems are constructed through experience and that no mental health issue is permanent or fixed

Resources Required

Smart board/Projector and screen

Laptop with internet connection to Education Scotland site or resources downloaded

Paper (A4 or A3)

Pens (preferred but not essential: coloured/felt tips)

Lesson Plan

Teachers require only minimal input to the lesson but are encouraged to participate with their own knowledge and use personal examples where possible.

Starter - 5 mins

Welcome pupils and ask the starter questions to encourage a discussion around mental health:

1. **What is your earliest memory?** *The teacher can assist pupils with this by sharing their own earliest memory. This not only enables the class to feel relaxed but also show the teacher to be 'human' and build trust*
2. **What are some of your favourite things to do?** *Again the teacher is encouraged to share one or two appropriate examples from their own life e.g. cooking, sport, family time etc. to encourage participation. Pupil examples can be wide ranging and any more unusual examples should be treated with interest and fascination e.g. if someone loves basket weaving then find out more about it*
3. **Why do you love doing those things?** *The teacher should help the pupils find early memories and associations too the positive things in their lives e.g. 'I like going to the football because my mum/dad/gran/grandpa likes it' or 'I like cooking because once I made a cake in school and it was fun'*

Video Content #1

Play video from beginning - video length 13m 59s

Follow Up Question

In the video Brian asks a question "What are the two fears we are born with?". The teacher has the option at this time to host a short discussion about this question. If time does not

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allow then the teacher can just move onto the activity. The correct answer (Brian explains this in Part 2 of the video so there is no need for the teacher to explain this) are falling and loud noises. The Teacher shouldn't reveal the answer at this stage but more use it as a discussion point with the answer to come.

Activity

This activity is an individual activity

What are your Islands of Personality?

Pupils are tasked with designing a Personality Map which shows the 5 or 6 Islands of Personality that the pupils believe makes up them. A rough example is shown in the diagram below.

The teacher may find that some pupils find it difficult to find 5 or 6 and, although there is no limit, the teacher should encourage pupils to think of as many as they can. Some examples could be:

- Sports
- Family activities
- Movies.
- Hobbies
- Social Media activities.
- Getting dressed up
- Shopping
- Eating out
- Cooking
- Cycling
- Art & Crafts

Once complete the teacher should take examples and feedback. Encourage pupils to show each other their Maps to show how they are different and embrace the diversity of your class. If there any exceptional examples that you would love to have up on the HeadStrong Social Media then email them to brian@headstrongminds.com and we will, of course, give full credit and acknowledgement to the school and the class.

Video Content #2

Play video from pause point (the small break is 20 seconds long and Brian will kick back in at 14m 20s). Second video length 2m 37s.

Lesson Close

Teachers can wrap up the class by asking pupils to understand that everyone has unique experiences and that they still have many experiences to come that will shape and mould their personalities. Teachers are encouraged to add in anything from their own personal experience and knowledge of this topic.

Success Criteria

- Pupils understand how their personalities are constructed from personal experiences
- Pupils have an understanding that no two personalities can ever be exactly the same due to the unique set of experiences that we all have
- Pupils can understand and accept different personality types rather than see them as different
- Pupils understand mental health problems are constructed through experience and that no mental health issue is permanent or fixed

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Experiences & Outcomes

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. **HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a**

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. **HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a**

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. **HWB 0-08a / HWB 1-08a / HWB 2-08a / HWB 3-08a / HWB 4-08a**

This lesson was produced in Partnership with HeadStrong

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